

# THE Spacemaker NEWSLETTER

VOL. 1, No. 11

McClellan Air Force Base, Calif. (<http://www.mcclellan.af.mil/PA/spacemaker.html>)

MARCH 23, 2000

## TAKE NOTE

### Munitions area closed

The munitions storage area will be closed through Friday. Only emergency issues approved by commanders are accepted. For more information, call 643-1471.

### Clinic closed March 30

The McClellan Clinic will close March 30 at noon for annual training. For emergencies, call 911 immediately. For urgent care, dial 643-7212 and select option #4 then follow the instructions. The clinic will resume normal hours, March 31 from 7:30 a.m. to 4:30 p.m. For more information, call the business operations flight at 643-8055.

### ALS deactivates

The Airman Leadership School will have a deactivation ceremony today, 8:30 a.m. in front of Bldg. 35. Duty uniform is appropriate. For more information, call 643-5879.

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**"Completing the mission of McClellan Air Force Base with professionalism and honor"**

## Wiedemer passes baton to Barone

Brig. Gen. Mike Wiedemer, commander of the Sacramento Air Logistics Center will be leaving in April. Along with the announcement of his selection to major general, he has also received orders for the position of director of requirements at headquarters, Air Force Materiel Command, Wright-Patterson Air Force Base, Ohio.

"Mr. Jim Barone will assume leadership of the Sacramento Air Logistics Center following my departure," said Wiedemer. "He will serve as the center director and will have the day-to-day responsibility for the center and for coordinating all of the interfaces associated with both on-base and off-base direct reports, tenants, affiliates and liaisons for government, contractor and community organizations and personnel."

Gen. George Babbitt, HQ AFMC commander, will preside over the change of leadership ceremony here April 10.

According to Wiedemer, Barone is well-suited to take over the reins -- having served at McClellan as deputy and later director of contracting from 1989 to 1993, as director of financial management and comptroller from 1993 to 1995, and since then as the executive director for the logistics center.

"McClellan has a stellar reputation for providing outstanding support to our country," said Barone. "Even as the base nears closure, we have a great team of dedicated, loyal, highly motivated, 'can-do' people who are committed to maintaining the same high level of outstanding support to the customer as we have provided throughout our history. It will be a great honor and privilege to lead this team as we work together to complete the mission of McClellan with professionalism and honor."

Col. Charlie Cotter, 77th Air Base Wing



James C. Barone

commander, will serve as installation commander and center associate director with administrative and command authority over all military members assigned to the center. On the military side of the house, Cotter will inherit most of the authorities the general currently has. He will be the senior rater for all majors and below and retain special court martial authority.

"In the short term, very little will change in the day-to-day operations of McClellan," said Wiedemer. "Team McClellan will continue with closure as it has been for quite some time. I will sincerely miss the people of this community. My time at McClellan has been exceptionally rewarding. The professionalism and honor exhibited by the members of Team McClellan has been nothing short of inspirational. I know of no better team in the United States Air Force!"

*(SM-ALC command section contributed to this story.)*

# Life skills learned through habits, behavior

**By Daryl Sondrup**

75th Medical Group Family Advocacy outreach manager

**HILL AFB, Utah** — Life skills, by definition, are the habits, attitudes and behaviors that determine how we act, or react in any given situation. The life skills we develop over our lifetime can be effective, ineffective, or destructive in the situations and challenges we face on a daily basis.

How do we develop our life skills? Scientific consensus indicates the majority of these "skills" (whether effective, ineffective, or destructive) are learned. This learning process begins at birth and continues

throughout our lives. For the most part, in our early years of growth and development, this learning comes from our parents. Later, the "significant others" in our lives have a greater or lesser influence.

Whatever our learning source, those encountered in our early years seem to have the greatest impact in the development of the life skills we will use throughout our lives.

Consequently, if a parent's habitual response to a rebellious teenager is anger and violence, there is a high probability that the teen will use the same destructive response in dealing with his own children. If a child sees his father frequently lose control and physically or verbally abuse his or her mother, that child will learn that physical violence is the key to controlling another person or situation. Realistically speaking, not many of us have perfected our "life skills" to the point that we respond effectively and properly to all personal and interpersonal challenges. As a result, many parents resort to yelling at or hitting their children to control their child's behavior. We see individuals attempting to dominate another person, such as a spouse, by intimidation or hostility. Many allow their lives to get so stressed they begin to lose productivity on the job and in other areas in their lives. On a daily basis we see people, who have learned faulty methods of dealing with frustra-

tion and anger, venting their anger or rage on other drivers, co-workers, or family members.

The life skills we develop also include the habitual ways we treat our minds and bodies. Do we exercise regularly, eat wholesome, nutritious foods, get adequate sleep, and avoid taking harmful chemicals such as alcohol, caffeine, drugs, and nicotine? Have we found a balance in our lives between work and play? Do we insure all members of our family receive proper and timely immunizations and needed medical and dental care? If we have developed healthy life skills in these areas, our bodies will be more efficient, and better able to handle the various stressors we encounter daily.

If the life skills (or reactions to problems and challenges in life) are outdated, ineffective, or are creating additional problems and frustration in our lives, we need to take the time to evaluate and learn new life skills. Improved life skills will certainly lead us to the results, or quality of life, we desire.

Base medical services and other facilities offer numerous life skills education classes and programs to help improve the life skills needed to become healthier in body and mind. These "new skills" can also help us become more effective and capable parents, spouses, supervisors, neighbors, friends, and members of society.

Examples of some of these "life skills" classes and programs include: Parent Education Classes, Marital Communication and Problem Solving, Stress Management, Anger Management, Personal Skills Enhancement & Organizational Team Building.

Health and Wellness Centers also offer life skills programs such as: Building a Balanced Diet, Weight Reduction Strategies, Your Way to Health, Tobacco Cessation, and exercise classes.

Now is the best time to evaluate the effectiveness of your life skills and make use of the excellent resources available to you to improve your life skills.

**For more information about life skills offered by McClellan's Family Advocacy group, call 643-8308. (AFMCNS)**

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 evaluate the effectiveness of  
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 your life skills."***

-- Daryl Sondrup

*Family Advocacy outreach manager*

## SPACEMAKER

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### Public Affairs Editorial Staff

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**Col. Charles A. Cotter, Jr.**.....77th ABW Commander  
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**2nd Lt. Robert A. Firman**.....Chief, Internal Information  
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**Alica E. Doyle**.....Staff Writer  
**Jennifer R. Vargas**.....Staff Writer

### Air Force Vision

*"Air Force people building the world's most  
 respected air and space force ... global power  
 and reach for America"*

### Air Force Materiel Command Vision

*"Quality Systems for America's Air Force"*

### Sacramento Air Logistics Center Vision

*"Completing the mission of McClellan AFB  
 with professionalism and honor"*

# Lackland scouts for TIs at March 30 briefing

**LACKLAND AIR FORCE BASE, Texas**—Interesting, challenging and rewarding work as a military training instructor is available to nearly every Air Force enlisted person.

"There's a constant need for enlisted training instructors at Lackland," said Senior Master Sgt. Scott Owens, superintendent, MTI recruiting team. "Applicants from all Air Force specialties are eligible to apply and are encouraged to attend an upcoming MTI briefing at McClellan to determine eligibility." The MTI briefing is set for March 30, 9 a.m. in Bldg. 10 conference room.

The briefing lasts approximately two hours and will "answer everything you wanted to know about MTI duty, but didn't know who to ask," Owens said.

"Most concerns about MTI duty are based on misconceptions or fear of the unknown," he said. "Teaching is a very rewarding job."

"Everyone remembers their MTI. The MTI sets the stage for each individual's success in the Air Force," he explained. "This

job is filled with solid rewards for people who are independent, career-minded, highly motivated, and who want to have a hand in molding tomorrow's Air Force."

"MTIs are provided excellent training and guidance throughout their tours," Owens explained. "And, we expect excellence in appearance, training, behavior and attitude. Within a short time, you'll find yourself marching tall as you associate with one of the most elite groups of people in the Air Force—the MTI Corps."

MTIs receive \$275 per month in special duty assignment pay, additional clothing allowance to upgrade uniforms, free dry cleaning, and a stabilized four-year tour.

Application packages will be processed by the MTI recruiting team while they're on base March 30.

Those interested in applying should make advance arrangements for the remainder of



Courtesy photo

Tech. Sgt. Kenneth Williams and Staff Sgt. Beth Peura, 737th Training Group, represent the military training instructor recruiting team.

the day, following the scheduled briefing, to complete all requirements.

Spouses are also encouraged to attend this briefing.

## CSAF's reading program features enlisted pilots

The Chief of Staff's reading program, which began in 1997, is designed to promote personal professional development for all Air Force members, civilian and military. The program aims to instill both a deeper sense of pride in our rich heritage and a stronger understanding of our role in meeting our nation's security objectives.

Each quarter, one of the books from the CSAF's reading list is spotlighted as the book of the quarter. Air Force members of all ranks and grades are encouraged to read the featured title, which is available in all Air Force libraries.

This quarter's featured book is "They Also Flew: The Enlisted Pilot Legacy, 1912-1942," by Lee Arbon. Arbon traces the history and achievements of enlisted aviators from their earliest days in flight through 1942. From the start, these "sergeant pilots" struggled to earn their wings in a military organization that traditionally reserved pilot positions for commissioned officers.

Arbon argues that enlisted personnel were allowed to earn their wings to offset a shortage of officers entering the Signal Corps Aeronautical Division and later the Army Air Corps. They filled in the gaps when and where they were needed. They flew fighters, bombers, transports, and trainers during wartime, and some paid the ultimate price for their service. Between the wars, they were involved in airmail operations, aviation races, weather data flights,



aerial acrobatic contests and forest fire patrols. Many became instructor pilots and flight test pilots.

As World War II approached, pilot training resumed for new enlisted personnel as the demand for pilots was at a premium. However, this action created animosity among those who wanted all pilots to be officers. As a consequence, most active duty enlisted pilots were ordered to extended duty as reserve officers. Enlisted pilots were a dying breed, and in November 1942, the U.S. Army Air Forces concluded that upon graduation, enlisted aviation cadets would be promoted to the rank of flight officer, a new rank equivalent to warrant officer. In early 1943, the Army Air Forces ordered its commanders to promote all their flying sergeants to the new rank.

These men persevered through two world wars enduring bureaucratic discrimination while facing the hazards and dangers of flight. Their selfless acts and outstanding conduct are worth attention; out of their ranks came 17 "aces," 11 generals, and more than 155 men killed in action.

Arbon provides a fascinating account of this proud group of aviators, and his book is a "must read" for all Air Force members interested in exploring their heritage.

For more information on this book and others on the CSAF's Reading List visit the Web site at [www.af.mil/readinglist](http://www.af.mil/readinglist) (AFPN)

## Air Force Association accepting scholarship nomination packages

Sacramento's Claude Farinha Gold Rush Chapter 116 of the Air Force Association is now accepting applications for its annual scholarship awards.

This year up to \$2,500 will be awarded to deserving, local high school seniors who have set their goals on a college education with studies in fields related to engineering, mathematics and the sciences.

Specific entry criteria are: graduating from high school in spring/summer 2000; having applied to a 4-year college or university on a full-time basis (acceptance must be received

before a scholarship can be awarded); pursuing a degree or course of study in engineering, mathematics, science, humanitarian interests, or in a military/Department of Defense related field; minimum high school grade point average of 3.25; minimum Scholastic Aptitude Test score of 1000 or minimum American College Test score of 22; affiliated with the Air Force or other military service through professional organizations, Reserve Officer Training Corps enrollment, dependent of active duty or retired military member, or dependent of federal

civilian employee.

Contact your local high school career center for an application. Packages have been sent to all local high schools in Sacramento, South Placer and El Dorado counties.

Request for an application may be mailed to AFA Chapter 116, PO Box 916, North Highlands, CA 95660. All completed applications must be submitted and postmarked by April 8.

Scholarship winners will be notified by early May 2000, and the scholarships will be presented during an AFA event in mid-May.

### NEWS BRIEFS

#### CGOC Golf Spring Fling

The Company Grade Officer Council's Golf Spring Fling is set for Friday with a 9:30 a.m. shotgun start at Lawrence Links Golf Course. Cost per team is \$30 plus green fees. For more information, call 2nd Lt. Andrew Meek at 643-5132 or e-mail at [andrew.meek@mcclellan.af.mil](mailto:andrew.meek@mcclellan.af.mil).

#### Uniforms needed for collection

The McClellan Aviation Museum is looking for the following items to add to their uniform collection: Current officer's service uniform - male and female; pre-retrofit officer's service uniform, with rank stripes; current enlisted service uniform - male and female; current collar and cap insignias, shiny; current chevrons - male and female; blue mess dress - male and female; shoulder boards, blue mess dress; BDUs; speciality badges - metal - all; caps, flight and service - male and female.

All donations will remain in the museum collection. The museum will remain open to the public after base closure, and will provide the only Air Force history presentation in the greater Sacramento area. For more information, call Bill Dooner at 643-3192, mornings.

#### NCOA scholarship deadline approaches

The Noncommissioned Officers Association offers 18 academic and four vocational awards to children of members; and nine academic and one vocational award to spouses of members at \$900 each. Three special grants, at \$1,000 each, are awarded each year - the Mary Barraco Scholarship presented to the student submitting the best essay on Americanism; the William T. Green Scholarship presented to the student with the best high school academic record, and the NCOA and Pentagon Federal Credit Union Grant. Deadline for submission is March 31. For more information, call Chief Master Sgt. Jim Sullivan at 643-6808 or Master Sgt. Gary Chase at 643-6259.

#### Prostate health presentation

"Prostate Health: What You Need to Know" will be a special presentation by Foundation Health Federal Services at the Health and Wellness Center April 6 from noon to 1:30 p.m. Topics to be discussed include risk factors, screenings and treatments.

For more information or to register, call the HAWC at 643-4648.

#### Supplemental board select two for Test Pilot School

The headquarter Air Force Materiel Command, in concert with the Air Force Personnel Center, will conduct a supplemental selection board May 15. A very limited number of qualified navigators applied to the most recent Test Pilot School Selection Board to meet the Air Force need for experimental test navigators and weapons systems officers. This supplemental board will select two NAV/WSOs for the TPS class starting January 2001. This is a critical Air Force need; graduates of the Test Pilot School influence the designs of our future systems and evaluate their acceptability for use in the field.

New applications must arrive at HQ AFPC/DPAOT3, 550 C Street West, Ste 31, Randolph Air Force Base, Texas 78150-4733, no later than April 15. Officers who currently have an application on file must update their application in accordance with Air Force Instruction 99-107 no later than April 14. It is very important that applications include all required information and arrive on time. Applications received after the cutoff date may not be considered by the board. For more information about the test mission or syllabus, call DSN 527-9811.

#### Senior NCO Academy-Course 8 Elimination

Effective June 1, for active duty Air Force personnel (Oct. 1, for all remaining eligible personnel), new enrollments into the Senior Noncommissioned Officer Academy correspondence program, ECI Course 8, will be discontinued. Course 8 is an older, paper-based program containing dated and inaccurate content. It is replaced by Course 5, a more current, user-friendly, interactive, and relevant CD ROM-based version. This change will ensure that Senior NCOs receive only the best course material currently available. Individuals currently enrolled in Course 8 are not affected by this change.

For more information, call the base education office in Bldg. 8, Room 225, at 643-4776 between 9:30 a.m. to 4:30 p.m.

#### Torreon Air Base seventh AF reunion scheduled

Torreon Air Base, Spain (all units) is holding its seventh Air Force reunion from Aug. 31 to Sept. 3, 2000, in Mount Laurel, N.J. For more information, write Burnethel Sanford, PO Box 3492, Riverside, CA 92519.

# Protect earth's resources, properly dispose of hazardous materials

By Alica Doyle

Staff Writer

Environmental responsibility is an ongoing initiative at McClellan. As the base nears closure, this aspect of inspection and clearance becomes increasingly important. Identifying and properly disposing of Hazardous Materials such as, chemicals, industrial and office equipment, is crucial.

To assist building custodians and the Environmental Management Directorate ensure the continued integrity of completing McClellan's mission, it is important for all employees to have a basic understanding of how to identify and correctly dispose of hazardous materials, hazardous wastes and the equipment containing them.

More importantly, there is a need to know who to call if you have questions.



Courtesy photo

Example of improper disposal of hazardous waste.

question of whether or not it will be transferred to Sacramento County after base closure. Again, the building or equipment custodian is a good central point for questions.

Custodians can contact the Closure Directorate with questions on items to be transferred to the county. Examples of items that fall into this category would be a meter containing mercury or equipment that contains oil of any sort, that will be reused after closure.

Items that have been identified as HazMat and are not being turned over to the county must be disposed of in a manner appropriate for the material. For questions on properly disposing of excess hazardous materials, call Rick Powell or Howard Meadows, EM, at 643-5528.

Your building may also contain Hazardous Wastes that will need to be disposed of before closure.

HazWaste are spent, outdated or used hazardous chemicals, or items containing them, that cannot be reused. Examples include burned-out florescent tubes, spent toner cartridges or damaged equipment with pumps or motors. The unit environmental coordinator is there to assist with the disposal.

The negative effects of improper material disposal can be devastating to the environment and the economy. When materials end up in a trash can, keep in mind they will eventually be dumped into a landfill. Though the effect is not immediate, it is no less real.

Conscientious handling and proper disposal of hazardous materials during closure will pay off not just today, but well into the future.



U.S. Air Force photo by Alica Doyle

Howard Meadows, hazardous material expeditor, places a packing list on a hazardous material container.

Items referred to as HazMat are reusable items that can range from fresh alkaline batteries to unused or clean chemicals like spray cleaners or methylethylketone. Usable florescent bulbs and toner cartridges also qualify as a hazardous material. If there is doubt about whether a chemical or item is "HazMat," never hesitate to contact the relevant building manager or your unit environmental coordinator. If they are unavailable, call Bill Faloney, Environmental Management Directorate, at 643-0228 Ext. 361.

Once an item has been identified as HazMat, there may be a

## FOCUS CENTER

*This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact the FOCUS Center, Bldg. 9, at 643-5661. The center is open until 7 p.m. Thursdays.*

**Position:** Store Worker, WG-6914-04  
**Annc#:** AN96914  
**Close:** April 6  
**Location:** Travis AFB  
**Agency:** Defense Commissary Agency  
**POC:** (757) 441-3355  
**Remarks:** See note.

**Position:** Engineer Civil (Environmental Specialist), GS-810-09  
**Annc#:** LF0118DX  
**Close:** April 5  
**Location:** Sacramento, CA; Olympia, WA; Adj., ME  
**Agency:** Dept of Transportation  
**POC:** Lynn Black (303) 969-5772  
**Remarks:** See note.

**Position:** Community Planner, GS-0020-09  
**Annc#:** LF0116DX  
**Close:** April 5  
**Location:** Sacramento, CA; Providence, RI; Albany, NY  
**Agency:** Dept of Transportation  
**POC:** Lynn Black (303) 969-5772  
**Remarks:** See note.

**Position:** Environmental Protection Specialist, GS-028-09  
**Annc#:** LF0119DX  
**Close:** April 5  
**Location:** Sacramento, CA; Olympia, WA; Adj., ME  
**Agency:** Dept of Transportation  
**POC:** Lynn Black (303) 969-5772  
**Remarks:** See note.

**Position:** Auditor, GS-511-07/12  
**Annc#:** ED9-00-06  
**Close:** April 3  
**Location:** Sacramento, CA  
**Agency:** U.S. Dept of Education  
**POC:** Sharon Wysinger (415) 556-4125  
**Remarks:** See note.

**Position:** Secretary, GS-318-04/05  
**Annc#:** FJOB-00-98  
**Close:** March 27

**Location:** Sacramento, CA (North Highlands)  
**Agency:** IRS  
**POC:** Renee Reed (510) 637-4547  
**Remarks:** See note.

**Position:** Supervisory Criminal Investigator, GS-1811-15  
**Annc#:** 00-08  
**Close:** March 31  
**Location:** Sacramento, CA  
**Agency:** Office of Inspector General  
**POC:** Ron Brown/Linda Walker (202) 208-6459  
**Remarks:** See note.

**Position:** Personnel Management Specialist, GS-201-09/13  
**Annc#:** 00-101-TF  
**Close:** March 27  
**Location:** San Francisco, CA; Atlanta, GA  
**Agency:** OPM  
**POC:** Kimberly Woods, (202) 606-3533  
**Remarks:** See note.

**Position:** Civil Engineering Technician, GS-802-11  
**Annc#:** R517-033-00G  
**Close:** April 12  
**Location:** Nevada City, CA  
**Agency:** Forest Service  
**POC:** Ann Melton (530) 478-6174  
**Remarks:** See note.

**Position:** Secretary, GS-318-07/09  
**Annc#:** CG-00-142A-1MW  
**Close:** March 29  
**Location:** Alameda, CA  
**Agency:** Coast Guard  
**POC:** (919) 790-2822  
**Remarks:** See note.

### Non Federal

**Position:** Accounting Technician  
**Salary:** \$2,258 - \$2,745 per month  
**Close:** April 3  
**Location:** Sacramento, CA  
**Agency:** State of CA  
**POC:** (916) 445-6351  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for additional information.

**Position:** Equipment Materiel Specialist  
**Salary:** \$2,936 - \$3,219 per month  
**Close:** March 30  
**Location:** Sacramento, CA

**Agency:** State of CA  
**POC:** (916) 227-7858  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for additional information.

**Position:** Equipment Body Mechanic III  
**Salary:** \$2,441 - \$3,788 per month  
**Close:** April 7  
**Location:** Sacramento, CA  
**Agency:** City of Sacramento  
**POC:** (916) 264-5726

**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for additional information.

**Position:** Industrial Pretreatment Inspector I/II  
**Salary:** \$31,524 - \$42,516 per annum  
**Close:** March 24

**Location:** West Sacramento, CA  
**Agency:** City of West Sacramento  
**POC:** (916) 373-5800  
**Remarks:** Copies of the vacancy announcement are available in the FOCUS Center. Review the announcement and contact the agency for additional information.

### NOTE

**Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSAs and/or additional information.**

### Hill AFB opens Greenborder announcement

Hill Air Force Base Operating Location is opening a Greenborder Announcement for various general schedule and wage grade positions identified on the announcement.

This announcement is open through March 31. Only career, career conditional and VRA employees working and serviced by McClellan Air Force Base, are eligible to apply. Selection of employees will require a signed relocation and mobility agreement.

AFLC Form 4999 may be picked up in the FOCUS Center or at the reception desk in Bldg. 10.

## Movies



**Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.**

### Liberty Heights - Friday

*Starring: Adrien Brody, Bebe Neuwirth*

Liberty Heights takes a look at a time in America when the religious, race and class distinctions were much more acute than they are today. It is Baltimore in 1954 and everything is changing, school desegregation is happening for the first time. Rock 'n' roll is giving teenagers their first slice of a musical world that will become uniquely their own. Automobiles become a powerful force, allowing people the mobility and privacy to travel at will, to see things right in their own hometowns that were previously unknown to them. (R - strong language and sex related material)

### Eye of the Beholder - Saturday and Sunday

*Starring: Ewan McGregor, Ashley Judd*

The Eye is a lonely, isolated British intelligence agent whose current mission is to track Joanna Eris, a woman suspected of black-mailing the son of a senior British official. But Eris is far more than a blackmailer. She is a seductive, shadowy master of disguises, a frenzied murderer, a lost orphan and an abject mystery whose rage is as fierce as her beauty. (R - some strong violence, sexuality, language and brief drug content)

## Youth Center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo Aerobics, 6:15-7:15 p.m., ages 11 and up, free. Moms, Pops, and Tots, 10-11 a.m.

■ **Friday:** Open recreation, 2-6 p.m.; open snack bar 2-6 p.m.; open gym, 2-6 p.m.; Pre-teen Night, ages 9-12 from 6:30-9 p.m. members free, nonmembers \$2.

■ **Saturday:** Open recreation and snack bar from noon to 5 p.m. Basketball games begin at 10 a.m.

■ **Sunday:** Closed

■ **Monday:** Open recreation, gym and snack bar, 2-6 p.m.

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-6 p.m.; beginning dance lessons, 5:30-6:30 p.m. Office hours are Monday-Friday, noon to 6 p.m.

## April marks child abuse prevention month

**By Capt. Anita M. Glenn-Reller**

Family Advocacy element chief

Each year, more than three million children in the United States are reported abused or neglected, according to statistics released by Prevent Child Abuse America, the nation's leading child abuse prevention organization. Approximately one million of these cases are confirmed.

Here in Sacramento County, approximately 17,000 children were reported to be abused or neglected in 1999. These statistics are particularly alarming in light of the fact that the overall national crime statistics have gone downward since 1993 by 21 percent while the number of children reported abused and neglected increased 9 percent from 1993 to 1997.

While it is important to take note of these statistics and to learn from them, it is just as important -- maybe even more so -- to prevent abuse and neglect from happening in the first place. That's what April's observance of Child Abuse Prevention Month is all about.

Here are a few simple ways each of us can prevent child abuse and neglect:

1. Be a nurturing parent. Children need to know that they are special and loved. Educate yourself about a child's development process so you can have reasonable expectations about what your child can and cannot do.

2. Help a friend, neighbor or relative. Being a parent isn't easy. Someone you know may be struggling with his or her parenting responsibilities. Offer a helping hand.

3. Help yourself. When the big and little problems of everyday life pile up to the point you feel overwhelmed and out of control, take time out. Don't take it out on your child. Take a deep breath and turn on some music. Know where you can turn for help when you need it. Remember, asking for help is a sign of personal strength; it is not a sign of weakness.

4. If your baby cries, it can be frustrating to hear -- especially when nothing you do seems to work. Learn what to do if your baby won't stop crying. Remember to never shake

a baby. Family Advocacy's Parent Support Program has resources and help for you.

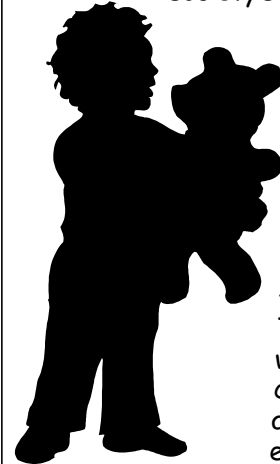
5. Get involved. Advocate for services to help families. Ask agencies like Family Advocacy or the Community Support Center what you can do to help meet the needs of children and families.

6. Monitor your child's television and computer use. Watching violent films on TV or playing violent computer games can be harmful to young children. Not only does it often scare them, it also teaches children that aggression is an acceptable way to handle frustration and solve problems.

7. Spend time playing with your children ... or read to them instead.

8. Report suspected abuse or neglect. Keeping children safe is the responsibility of every adult in our community. If you have reason to believe a child has been -- or may be -- harmed, call Family Advocacy at 643-8308 or Child Protective Services at 875-5437.

April's observance of Child Abuse Prevention Month is an appropriate opportunity to remind ourselves of our collective responsibility to prevent the abuse and neglect that robs so many of our



society's children of their childhood, their sense of security and well-being, and their future. Together, we really can make a difference.

For more information about how to prevent child abuse and neglect, call Family Advocacy at 643-8308.

# Online payroll program allows instant pay changes

**By Hal McKenzie**

Warner Robins Air Logistics Center Public Affairs

**ROBINS AIR FORCE BASE, Ga.** — Using the latest technology, Department of Defense civilian and military employees and retirees will soon have their payroll accounts “at their fingertips” to change at their convenience.

Starting this month, civilian defense payroll customers will be able to access their payroll or annuity accounts over the Internet or by an interactive telephone system. Active and reserve military members will be phased in during the summer, said Bill Savage, chief of customer service of the Warner Robins Air Logistics Center Comptroller Directorate.

“If something happens to change their situation, for example if they buy or sell a house, get married, have children, they can go in and adjust their tax status,” Savage said. “They can also raise or lower their savings account allotments and change their electronic fund transfer address.”

The Defense Finance and Accounting Service initiated the new service, called Employee/Member Self Service. With E/MSS, customers will be able to change their own Federal tax withholding status and exemptions; start, stop or change savings allotments; change their correspondence address; and update their electronic fund transfer information. Future phases of E/MSS will include other transactions like starting or stopping savings bonds and changing state taxes.

Savage stressed that E/MSS is completely voluntary and cus-

tomers can still visit their customer service representatives. Indeed, E/MSS is expected to make the CSR’s job easier and give better service.

“All the nitpicking, low-grade routine work is done electronically so the CSRs can concentrate on bigger projects,” he said.

Letters are in the mail to employees and retirees with their Personal Identification Numbers with which they can access the system, Savage said. When accessing E/MSS the first time, they will be asked to customize their PIN, which will be validated each time the customer signs on.

The most up-to-date security features are built into the design of E/MSS, including 128-bit encryption, Savage said. Social Security numbers as well as PINs control access to the system.

In the Interactive Voice Response System, customers will follow a recorded voice prompter over their touch-tone telephone, using the keypad to type in numbers. Changing home mailing addresses will not be possible with the IVRS, however.

In Phase I, which is now underway, participants can change federal tax withholding, savings allotments, electronic fund transfer address and mailing address. In phase II, the date of which is yet to be determined, customers will be able to request W-2s, change state tax options, change savings bond amounts, get retiree pay certifications and retired pay calculations. They will also be able to request forms and publications.

DFAS customers will also have the option of viewing their Leave and Earnings Statement and Net Pay Advice via E/MSS.

Further details are available at the DFAS home page, [www.dfas.mil](http://www.dfas.mil) or contact the McClellan payroll liaison at 643-6725. (AFMCNS)

## SWAP MEET

### For Sale

**Acoustic Guitar** -- 94 Jasmine S33 Dreadnought by Takamine. Well kept in exc. cond. EMG-AT93 Under-Saddle pickup use with guitar amp or pre-amp. Brand new hard case, package \$400 obo. Call 995-1465 or e-mail kwillits@hotmail.com

**Car** -- 98 Black Toyota Corolla, 4 door, like new, well taken care of, low miles-13K, spoiler, tinted windows, asking \$10,000. Great Deal! Call 338-4015.

**Car** -- 89 Acura Integra LS, 2 door, AT, AC, power sunroof, \$2,500. Call 332-9446.

**Resort membership** -- Delta Isle, Travel America, \$1,000; 84 companion kit travel trailer, 20 foot self contained, a/c, heat, shower, tub, lrg mirror for truck; \$3,500. Call 392-2961.

**Sports bike** -- 94 Yamaha FZR 600, 5,400 miles, exc cond, \$3,500 obo. Call 729-362.

**Waterbed** -- Maple finish supersingle

waterbed on pedestal with four drawers, mirrored headboard, liner, mattress and heater. \$150 obo. Call (530) 633-0896.

**Wood Splitter** -- 30 tons, \$1,000; Stihl Pole saw for trees, \$300; 93 Utility trailer 6’X16’ with ramps, \$1,500; Husqvarna saw 272XP, 28” bar, \$300. Call 624-2668.

### Miscellaneous

**Driver needed, will pay** -- Willing to pay driver to deliver privately owned vehicle from Sacramento to Fairchild Air Force Base. POV needs to be delivered by the end of April. If interested or need more information, call Charles Jackson at (650) 952-8494 days, (650) 589-1593 eves.

### Yard sale -- Children’s, household items

Saturday, 8:30 a.m. - 2 p.m. 7822 Teton Way (Capehart housing)

*only service for military members, civil service employees, retirees and associated family members possessing current ID cards. The ads must be for the personal use of the card holder.*

*Only a home phone or address may be used in the ad; no base extensions or base e-mail addresses are allowed, except for dormitory residents (residential status must be stated on ad). Personal e-mail addresses will be accepted. Drop off ads at Bldg. 200, room 125. Swap ads will not be published without a signature.*

*The deadline is noon, Wednesday for possible publication in the following Thursday’s issue. Only one Swap ad per household per week, up to 50 words, may be submitted.*

*However, the ad can apply to more than one category, such as items wanted/trade, vehicles, furniture and yard sales. Spacemaker reserves the right to edit. No ads for money-making businesses, including daycare, or the sale of firearms or firearm accessories will be accepted.*

*To run a swap ad again, it must be resubmitted. For more information, call the Spacemaker at 643-6100.*

**Editor’s note:** Swap ads are a free, space-available-